

Full Report (All Nutrients) 13358, Beef, cured, smoked, chopped beef

Report Date: October 24, 2015 21:25 EDT

Nutrient values and weights are for edible portion.

Food Group : Sausages and Luncheon Meats

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice (1 oz) 28g
Proximates					
Water	g	68.93	31	0.202	19.30
Energy	kcal	133	--	--	37
Energy	kJ	556	--	--	156
Protein	g	20.19	31	0.185	5.65
Total lipid (fat)	g	4.42	33	0.187	1.24
Ash	g	4.60	7	0.038	1.29
Carbohydrate, by difference	g	1.86	--	--	0.52
Fiber, total dietary	g	0.0	--	--	0.0
Minerals					
Calcium, Ca	mg	8	--	--	2
Iron, Fe	mg	2.85	19	0.154	0.80
Magnesium, Mg	mg	21	7	1.021	6
Phosphorus, P	mg	181	7	8.693	51
Potassium, K	mg	377	7	17.386	106
Sodium, Na	mg	1258	33	33.904	352
Zinc, Zn	mg	3.93	7	0.370	1.10
Copper, Cu	mg	0.026	--	--	0.007
Manganese, Mn	mg	0.029	--	--	0.008
Selenium, Se	µg	19.7	--	--	5.5
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.083	13	0.008	0.023
Riboflavin	mg	0.175	31	0.004	0.049

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice (1 oz) 28g
Niacin	mg	4.577	31	0.088	1.282
Pantothenic acid	mg	0.590	1	--	0.165
Vitamin B-6	mg	0.350	33	0.016	0.098
Folate, total	µg	8	--	--	2
Folic acid	µg	0	--	--	0
Folate, food	µg	8	--	--	2
Folate, DFE	µg	8	--	--	2
Vitamin B-12	µg	1.73	37	0.073	0.48
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	1.810	--	--	0.507
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.020	7	0.008	0.006
12:0	g	0.020	7	0.008	0.006
14:0	g	0.110	7	0.017	0.031
16:0	g	0.940	7	0.074	0.263
18:0	g	0.660	7	0.074	0.185
Fatty acids, total monounsaturated	g	1.830	--	--	0.512
16:1 undifferentiated	g	0.260	7	0.037	0.073
18:1 undifferentiated	g	1.570	7	0.124	0.440
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.230	--	--	0.064
18:2 undifferentiated	g	0.190	7	0.037	0.053
18:3 undifferentiated	g	0.040	7	0.017	0.011
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice (1 oz) 28g
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	46	8	3.609	13
Phytosterols	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.165	--	--	0.046
Threonine	g	0.846	--	--	0.237
Isoleucine	g	0.827	--	--	0.232
Leucine	g	1.508	--	--	0.422
Lysine	g	1.647	--	--	0.461
Methionine	g	0.488	--	--	0.137
Cystine	g	0.239	--	--	0.067
Phenylalanine	g	0.756	--	--	0.212
Tyrosine	g	0.610	--	--	0.171
Valine	g	0.927	--	--	0.260
Arginine	g	1.363	--	--	0.382
Histidine	g	0.585	--	--	0.164
Alanine	g	1.334	--	--	0.374
Aspartic acid	g	1.793	--	--	0.502
Glutamic acid	g	2.910	--	--	0.815
Glycine	g	1.499	--	--	0.420
Proline	g	1.098	--	--	0.307
Serine	g	0.824	--	--	0.231